



WANT TO BE A SURF LIFESAVER?

SWANNY SRC

INTENSIVE COURSE RUN DURING SCHOOL HOLIDAYS

30 SEPT - 5 OCT 2024

WWW.SWANNYSURFCLUB.ORG.AU  SWANNYSURFCLUB





SURF RESCUE CERTIFICATE

INFORMATION

BECOME A SURF LIFESAVER

Ready to embark on your journey a surf lifesaver? Swanbourne Nedlands Surf Life Saving Club invites you to achieve your Surf Rescue Certificate (SRC). SRC is the entry-level award to becoming a volunteer surf lifesaver, and keeping our beaches safe in the iconic red and yellow uniform.

SRC is typically taken by Youth who are 13+ and moving out of the Woodside Nippers program, or are new to lifesaving. SRC candidates learn resuscitation, surf awareness, rescue techniques, how to respond to emergency situations, and more - gaining skills that could save lives!

WHY A SWANNY SRC?

Join a vibrant and growing Youth group at Swanny, who share a love of the ocean and being active surf life savers. A Swanny SRC will lead to learning new skills, making new friends, staying active and having a great time on the beach.

Teamwork & communication

Lifesaving is a team effort and the SRC gets Youth working together to create good outcomes. While simulating rescue scenarios you'll develop teamwork and communication skills for critical situations.

2. New friends

Meeting like-minded youth and making new friends is part of what makes doing your SRC great. Many of the Youth at Swanny have made inseparable friendships, and can't wait to see each other at training, on patrol or around the club!

3. Great trainers

Swanny prides ourselves on surf education and training to develop great lifesavers! Our team of volunteer trainers are dedicated to helping you to become a skilled and confident lifesaver.

4. Get (or stay) active

SRC is a great way to get active and keep active all summer. Once your SRC is complete you can take part in our weekly Youth Program. And we've got plenty of training and competition opportunities for all fitness levels. We love being active at the beach!

5. Development and confidence

SRC has helped many Youth gain confidence in the ocean, and as emerging leaders. An SRC can be just the first step in the many SLSWA Youth Pathways that develop the future of life saving!



KEY INFO

- Six day intensive course
- Course dates: 30 Sept - 5 Oct
 - 30 Sept: Pool, 8-11am
 - 1-4 Oct: Beach, 8am-12pm
 - 5 Oct: Exam, 8am-12pm
- \$50 Course Fee + Membership (13-15: \$125, 15-18: \$150, 18+: \$200)
- Join at www.swannysurfclub.org.au





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FREQUENTLY ASKED QUESTIONS



WHAT HAPPENS DURING THE COURSE?

During the 6 mornings of the SRC Intensive Course is you'll meet other candidates, work as a team and build new skills that could save lives!

The first 5 days you will learn and develop skills in resuscitation, radio communication, surf awareness, and rescue techniques with boards and tubes.

The last day assessment will give you the chance to demonstrate the new skills you have developed. An assessment can seem daunting, but with your enthusiasm, and the Swanny training team's experience, we'll make sure you're ready to go!

HOW FIT DO I NEED TO BE?

SRC does have a fitness element, but there's no need to be daunted by this. Candidates from a wide range of backgrounds have achieved their SRC at Swanny. We also have plenty of fitness training to help!

SRC requires a 200m swim to be completed in under 5 minutes prior to commencing ocean based training (our first session is at the pool to give this a shot), and a run-swim-run (each leg is 100m) is to be completed in under 5 minutes as part of the final exam.

If you do want to improve your swimming or fitness prior to the course, once you've joined the club there is a number of training sessions you can take advantage of. This includes coached all-levels swimming training, and gym-based fitness sessions and there's even more ocean based training available once you've completed your SRC!

AND ONCE THE COURSE FINISHES?

Being part of a surf life saving club offers almost endless opportunities for developing skills, keeping fit and contributing to the community. Complete the SRC course and you will officially be a life saver!

The main commitment is a 3-hour lifesaving patrol once a month, October to March. You can also take part in Sunday morning Youth activities (13-18 years), get involved in our Youth social events (Youth Red Party and movie nights), surf sports (like board paddling and swimming), and many other aspects of Swanny.

You'll be surprised just how many things you can get involved in at Swanny. And what you'd like to get involved in is up to you!

ANY PRE-REQUISITES?

To commence the SRC you must:

- Be a financial member of a Surf Life Saving Club, and have paid the SRC course fee.
- Be at least 13 years old by date of final assessment.
- Complete a 200m swim under 5 minutes prior to commencing ocean based training.

HOW DO I JOIN?

Visit our website and join through the 'How to Join' page: <https://swannysurfclub.org.au/how-to-join-new-members>.

If you'd like additional info please get in contact with Jacqui, our Club Administrator, via email admin@swannysurfclub.org or (08) 9384 0020.

"I enjoyed the friendships that you make, doing cool things and being able to do competition."

Stirling, 2021

"Doing the SRC course was one of the best decisions! From the course I learnt so much and, thanks to it, have met some of my closest friends. It's so different to nippers and is such a great way to get into surf club and it leads to so many opportunities both in and out of Swanny."

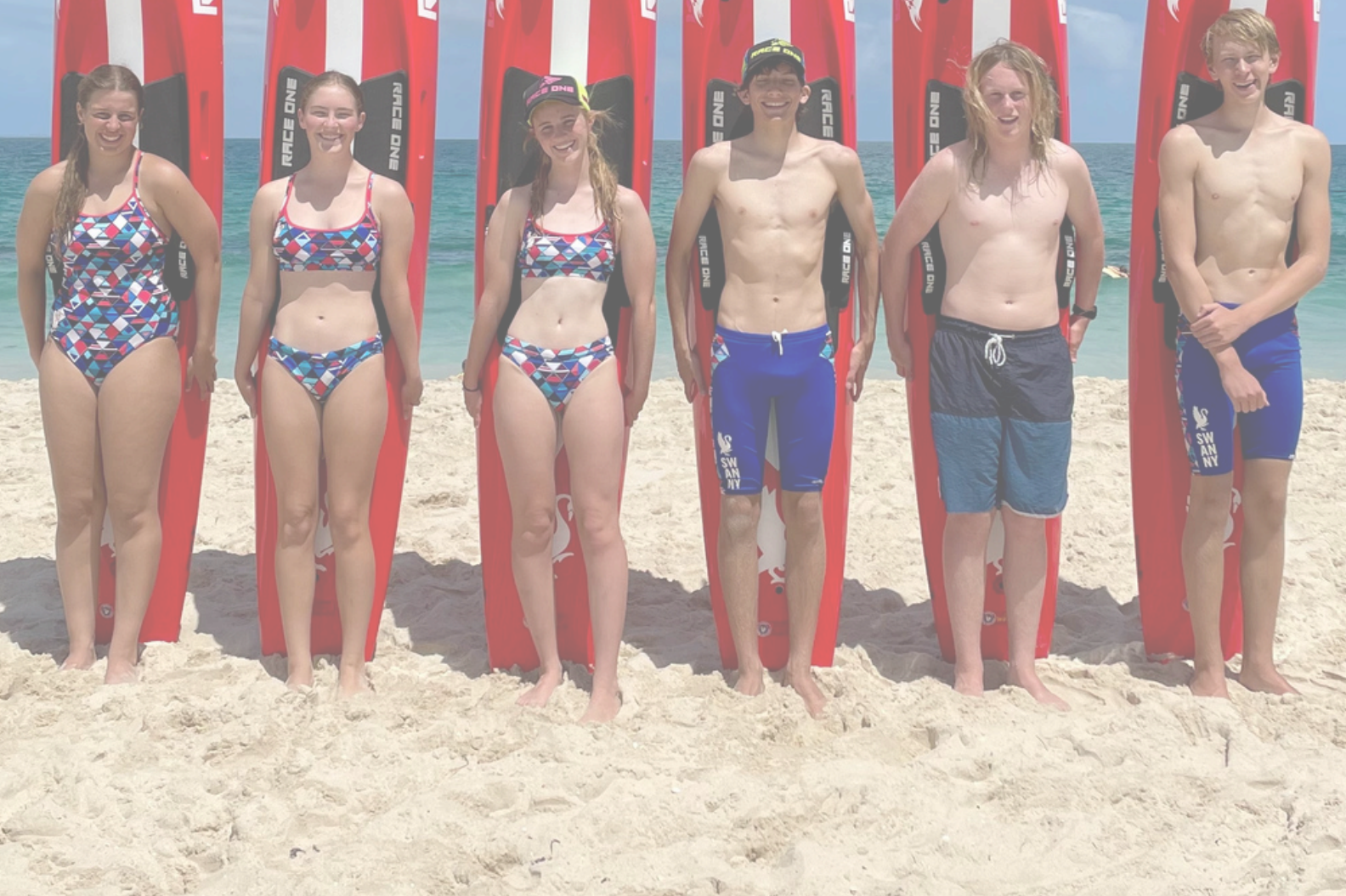
Sophie, 2021

"The SRC course was a great experience and helped me become the best life saver that I could be, helping me gain stronger skills in the ocean."

Angus, 2023

"I found this course helpful as it was a step up from nippers and challenged me. All the content has helped me for every patrol. I also made so many friends through the course as well"

Morgan, 2020



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